

Town of Cutler Bay

Senior Citizen Survey & Needs Assessment

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Survey and Needs Assessment Process

- Analysis of and GIS Mapping of 2010 census & American Community Survey Data.
- Analysis of 2007 unmet needs of seniors in M-D Co (AAA).
- Analysis of resources available to serve older adult residents of Cutler Bay/ southeastern Miami-Dade County.
- Analysis of projected growth in senior population of baby boomer, 80+ and 90+ age groups.
- Survey of 259 Cutler Bay seniors.
 - Thirty-seven percent (90) requested info or help.
 - Eighty-nine percent (181) are able to get the help they need.
- Interviews with 10 CBOs and faith-based providers.

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Report Sections

- Report #1: Emerging Elder Needs: Demographic Analysis of Senior Citizens Residing in Cutler Bay.
- Report # 2: Types of life activities being accessed and relationship to positive outcomes (i.e., resident self-sufficiency).
- Report # 3: The potential human services gaps identified by Cutler Bay senior residents.

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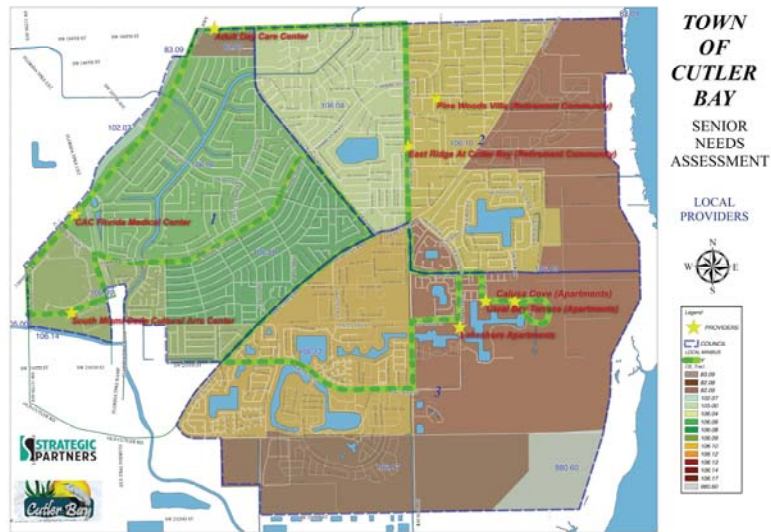
Three variables identified as primary risk factors

- Oldest old (85+, 75+)
- Living alone
- Poverty – income below the federal poverty level and
 - Age 65+ with at least one disability
 - Age 75+

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Senior Destinations



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Age of Seniors (55+)

Table 4 : Age of Seniors (55+) by Category	Number	% of 55+
Total population	40,286	
55 to 59 years	2,198	26.78%
60 to 64 years	1,738	21.17%
65 to 69 years	1,318	16.06%
70 to 74 years	1,073	13.07%
75 to 79 years	809	9.86%
80 to 84 years	576	7.02%
85 years and over	497	6.05%
Total 55+	8209	100.00%

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Conclusion #1

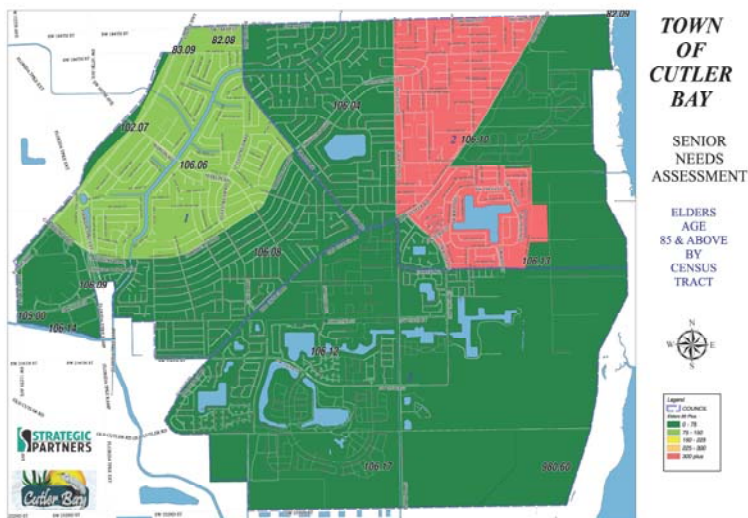
The seniors we interviewed are healthy, mobile, and engaged.

- Most engage in a variety of proactive health practices, are able to move around the community and actively interact with others.
- The stereotypical view of the elderly as infirm, isolated and unhealthy applies only to a small minority of this sample.
- **This small minority, however, will triple over the next 10-15 years.**
- Now is the time for the Town to prepare to assist their residents so they can “age in place”.

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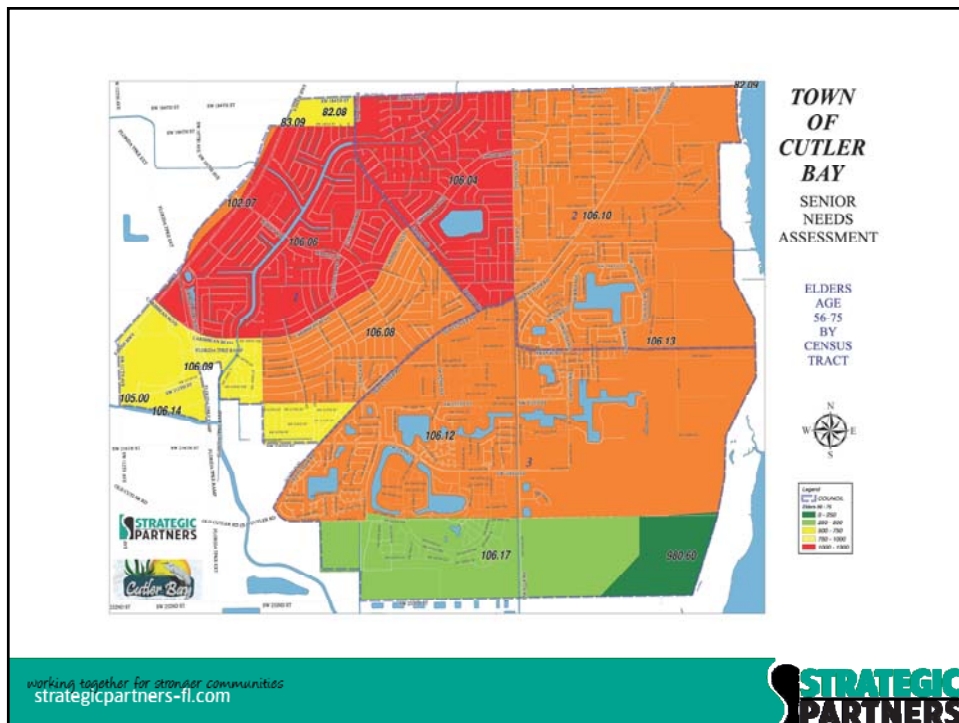


Where do the older seniors live?



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Conclusion #2

Stability of place matters.

79% have lived in their current home ten years or more.

Implications:

- Developed relationships with neighbors or others who routinely visit their neighborhood for business reasons
- High familiarity with environment
- Have learned how to navigate that environment in ways that foster both a sense of safety and the ability to be mobile in that environment
- Developed coping mechanisms that allow them to effectively function in their home and neighborhood
- The Town's growing population of older seniors will come from within. In ten years, residents age 85+ will have tripled to 2,955.

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Conclusion #3

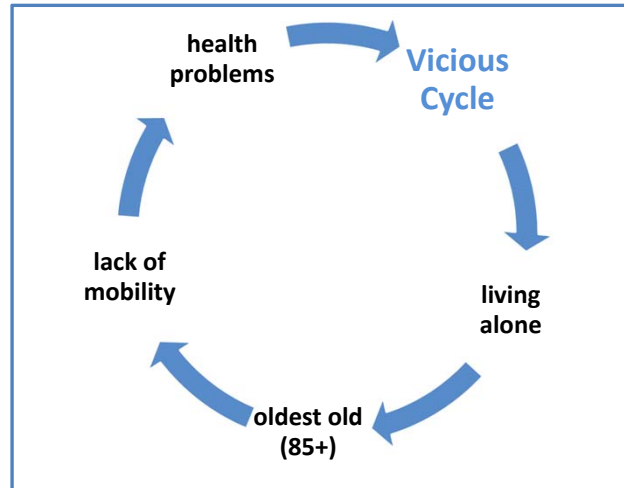
Aging at home or aging in place is an important and effective strategy for elderly services.

- Enabling seniors to remain in their home environment has a positive impact on a number of negative stressors while supporting the social and care networks important to healthy living.
- This leads to strategies to help residents maintain the viability of their housing.
- Advocacy and education will be essential for the Town to build trusting relations with its senior residents.

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Vicious Cycle for Older Adults



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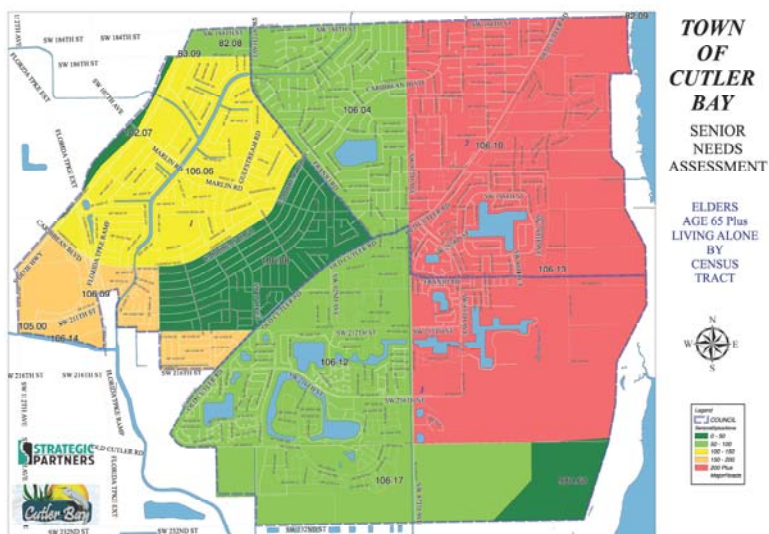
Risk factors

- The risk factors of social isolation, poor health practices and lack of mobility are very low for most of Cutler Bay's senior residents.
- Approximately 10% of the respondents identified important risk factors. It is these seniors that are at higher risk and for whom some form of support is needed.
- It is poverty that differentiates senior residents & is the most critical risk factor.
- There are pockets of seniors and other vulnerable adults living in ALFs, group homes and apartments that will need further attention.

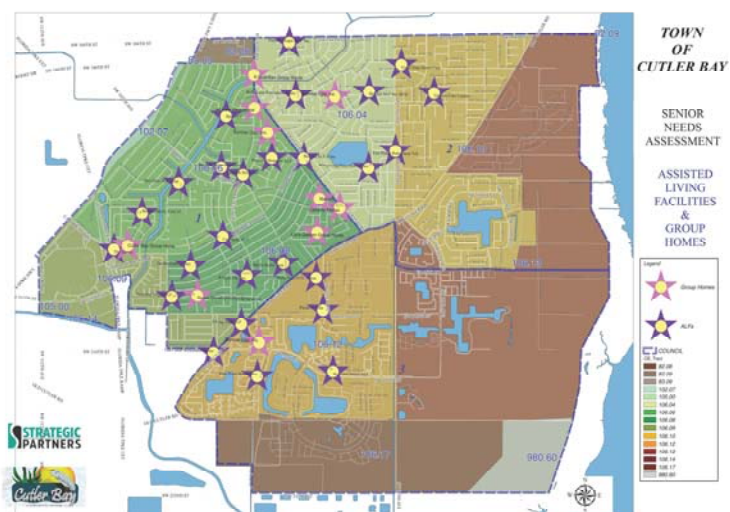
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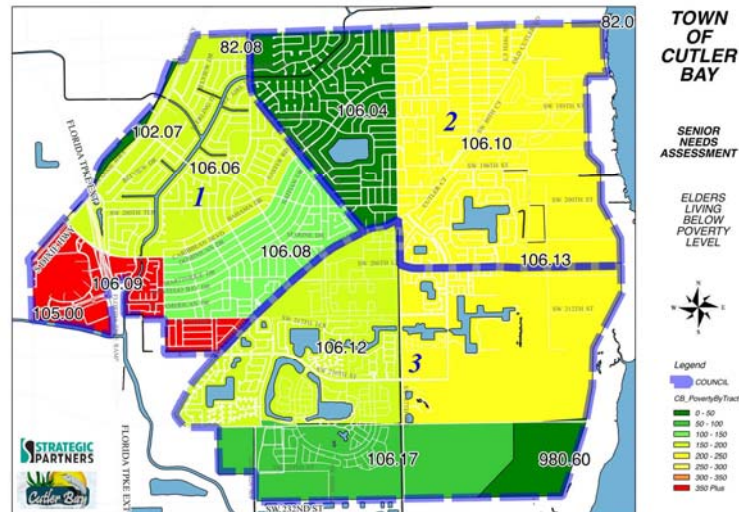
Where do seniors live alone?



Where do vulnerable adults live?



Where do the poorest seniors live?



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Strategies to address risk factors

- Outreach to connect with those living in multi-person sites & assess priorities and effective communication vehicles for them.
- Keep a watch on the quality of the group residential programs; aging services are stretched very thin and if there are any problems the Town will probably identify them earlier than AAA or the County.
- It would be helpful to orient Town staff about elder abuse & neglect so they know how to be observant and where to call for help. Code enforcement or other neighborhood workers can often be the first to notice a home that is being neglected & whose owner needs assistance.

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Census Tracts & Risk Factors

Highest risk factors *(Table 22– page 36)*

- 106.09--Lowest % of college graduates; social isolation –living alone & non-family residences; grandparents raising grandchildren; highest poverty rates (42.2%); higher proportion of single seniors
- 106.13--Social Isolation –living alone & non-family residences; grandparents raising grandchildren; higher poverty rates
- 106.17-- Lower % of college graduates; 2nd highest poverty rate (40.9%); higher proportion of single seniors

Greatest protective factors

- Census tracts 106.04, 106.08 and 106.12

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Conclusion #4

Neighborhood stabilization and housing maintenance programs are cost-effective public investments.

- 20% of respondents do have some form of housing support need, mostly with respect to maintenance.
- Public programs that prevent neighborhood and housing deterioration can significantly contribute to seniors continuing to reside in their homes

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Conclusion #5

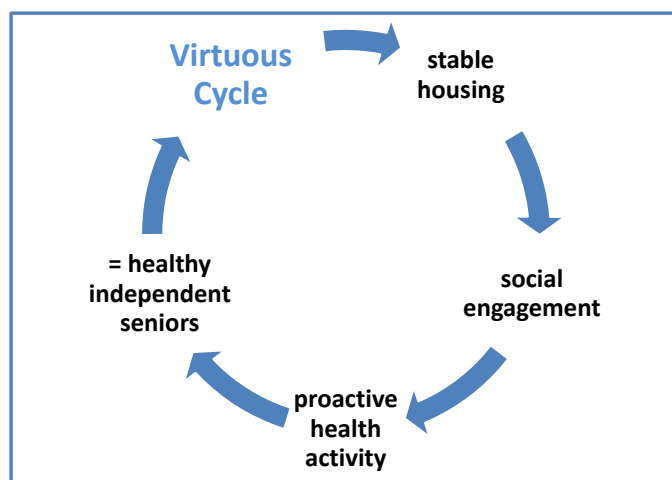
A virtuous cycle.

- There is a virtuous cycle at work in which housing stability, proactive health practices and social engagement all contribute to a study sample that is indeed healthy and capable of self-care.
- These three variables work together to produce an outcome that is both personally and socially beneficial.
- Public policies and practices that support and promote these three variables require less in the manner of costly health and social service programs, support seniors who are better able to care for themselves, and contribute to society later into their senior lives.

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Virtuous Cycle



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Key Recommendations – 1

- Reach out & connect with those living in multi-person sites & assess priorities and effective communication vehicles for them.
- Keep an eye on the group residential programs; aging services are stretched very thin and if there are any problems the Town will probably identify them earlier than AAA or the County. It would be helpful to orient Town staff about elder abuse & neglect so they know how to be observant and where to call for help. Code enforcement or other neighborhood workers can often be the first to notice a home that is being neglected & whose owner needs assistance.
- Review the adequacy of transportation options (bus, jitney and STS) near these and other multi-unit residences with a high population of seniors.
- To avoid a demand for in-home or specialized senior services, identify transportation and other resources for more isolated seniors to help them age in place.

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Key Recommendations – 2

Implementing strategies/resources to avoid the “Vicious Cycle” will take Town resources—perhaps starting with a part-time person to develop the following recommendations:

- Educate emergency responders, community policing officers, code enforcement staff, and other City staff on identifying elders in need, and how to refer them to aging services
- Initiate discussions with key programs that can respond with resources for at-risk elders
 - regional hospitals (Baptist, Homestead and South Miami)
 - senior programs
- Develop an effective method of referral to these resources.
- Continue to build trust and relationships with seniors via intergenerational programs, computer learning & other recreational engagements identified by the survey respondents.

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Key Recommendations - 3

- Schedule more informational sessions about how to “age in place” over the next few years as the Town’s population gets older.
- Make information available to senior resident groups about services available through Miami-Dade County and the Alliance for Aging, including how to prepare for and cope with unexpected accidents and health challenges.
- Conduct community fairs to help seniors obtain accurate information about resources they may need.
 - Connect residents to transportation options
 - Clarify the often confusing health insurance information
 - Recruit seniors to participate in volunteer opportunities
 - Provide education about financial planning for wills, estates and trusts, and other useful information
- Develop a SCORE or SHINE volunteer program, so that seniors can help each other.

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